

BORONNDARA

Bicycle Users Group

Rides Supplement February 2014

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM

Bike Ride in Company - Monday

Enjoy riding with other bike enthusiasts on different rides each week. Mondays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride in Company - Wednesday

Enjoy riding with other bike enthusiasts on different rides each week. Wednesdays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride - Women on Wheels on Wednesday

A group that supports women to regain bike riding confidence and skills in a supportive environment. Wednesdays, 9am-12pm. Free with SHNC Membership.

Welcome! We ride every week on Mondays and Wednesdays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Hawthorn U3A

Hawthorn U3A have three riding groups for different standards of riders.

TUESDAY CYCLING GROUP 9.30-1.00 TUESDAY

Usually commence ride at Sinclair Avenue Campus

The Tuesday Cycling Group rides weekly 30-50 km. on Melbourne bike paths. Two country rides are arranged each year. Participants must be able to ride at least 50 km.

WEDNESDAY CYCLING GROUP 9:00-12:30 approx

Start at Sinclair Avenue, unless otherwise arranged

Group ride for up to 20 participants every Wednesday. For competent cyclists with the ability to ride 60 – 70 kilometres.

MUNARI RIDERS - CYCLING 9.15-3.00 approx. FRIDAY

Start at SINCLAIR AVENUE CAMPUS Car Park [Melway 59-G6]

[1] Weekly rides approx. 60 km on Melbourne Bike Paths. [2] Two country weekend riding trips during the year.

Student prerequisites: Able to ride 60 km at average speed 18 km/h. Also must have suitable road/hybrid bicycle.

Note that it is necessary to join the U3A before joining any of these riding groups. See <http://www.u3ahawthorn.org.au/>

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2014

We ride 4 Wednesdays each month.

•The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. Ed Biggs and Sylvia Geddes will share responsibilities for choosing the short Rides. One of them will send an email out the day before, based on the weather forecast. The 2nd and 4th Wednesday rides are more challenging, (50- 70km) and will be lead by various riders in the group.

•We generally meet at 10am at the 'Place to meet' (see below). A coffee stop is found midmorning on the short rides. We take our own lunch and picnic together on the long rides, preferably near a coffee spot. Riders are welcome to join the ride along the way or cut the ride short at any point.

**Coffee is pre-ride at cafes nearby—take earlier train for this.

•If the temperature is 30°C or above on the day, the long rides will be cut short.

If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details. All riders are requested to join (COTA) Ph. 9654 4443 or website www.cotavic.org.au. We also recommend that riders consider joining Bicycle Network Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Feb 5 th	Southbank footbridge	Short ride	Easy
Feb 12 th	Reservoir station MEL 18 G5. Train dep. FS 9.12, arr. 9.48**	<i>(North)Westward Ho.</i> Ride streets and paths to Ring Rd, Jack Roper Reserve and further north to Broadmeadows Park. Down to valley, up the other side to pipe track, Attwood Creek Trail, then down Mickelham Rd to Westmeadows (bakery). Down Moonee Ponds Creek trail. At Park St, choice of MPC to city or Capitol City trail to Fairfield etc. ~50 km. Les to lead.	Med
Feb 19 th	Southbank footbridge	Short ride	Easy
Feb 26 th	Greensborough Station MEL 20 K2 Train dep. FS 9am and arr. 9.47am	<i>A tour of eastern trails</i> Train to Greensborough station, a quick coffee nearby then down the Plenty river path to the MYT and then upstream towards Westerfolds, and then along the trusty Ruffeys creek track to the Gardiner Creek trail and return to the city ~ 50km. Koonung creek trail will be a shorter option for some people or train is available at Laburnum ~ 30km. Joan Selby-Smith to lead	Med
March 5 th	Southbank footbridge	Short ride	Easy
March 12 th	Mordialloc Station	<i>New Peninsula link trail.</i> Meet @ Mordialloc Station,	Med

	Mel 92 F1 Train dep. FS 9.13am and arr. 9.55am	ride the Long Beach Trail to Patterson River, then the new Peninsula Trail to Mt Eliza & Baxter/Frankston Trail to Frankston Station ~ 50 K. Will need to take lunch and have a quick coffee in Mordialloc before heading off. Ed to lead.	
March 19 th	Southbank footbridge	Short ride	Easy
March 26 th	Fairfield station MEL 30 K10. Train dep. FS 9.39, arr. 10.04**	<i>Essendon/Niddrie.</i> Streets and Upfield Trail to Ring Rd. Loop through Essendon airport, then Airport West, Essendon Nth (shops) to Steels Ck. and Maribyrnong Trails to city. ~50 km. Les to lead	Med— couple of hills
April 2 nd	Southbank footbridge	Short ride (A country ride will be held during this week based in Myrtleford – details to be arranged later)	Easy
April 9 th	Werribee Station MEL 205 K8 Train dep. FS 8.59am arr.9.42.	<i>Werribee Station to City</i> via Federation, Skeleton Creek & Bay West trails. With the safe passage now available over the Princes freeway at Williams Landing, this will be completely off road. Distance ~ 50 km. Richard Hawkey will lead this ride.	Med
April 16 th	Southbank footbridge	Short ride	Easy
April 23 rd	Southbank footbridge	<i>Bay ride to Ricketts Point</i> and return. Coffee and lunch at Ricketts Point. ~ 50km	Med
April 30 th		No ride – possible You Yangs ride with Les if weather OK	
May 7 th	Southbank footbridge	Short ride	Easy
May 14 th	Diamond Creek Station MEL 12 B6 Train dep. FS 8.40am arr. 9.37am.	<i>Diamond Creek Station to the city</i> – a quick coffee and then along the Diamond Valley Trail and the Main Yarra Trail. ~ 50km.	Med
May 21 st	Southbank footbridge	Short ride	Easy
May 28 th	Lilydale station MEL 38 D4 Train dep. FS 8.45am arr. 9.37am	<i>Lilydale to Warburton</i> and return ~ 80km. Joan Selby Smith to lead Some people may choose to drive their cars to the start. Coffee will be at Mt Evelyn after the first hill.	Hard
June 4 th	Southbank footbridge	Short ride	Easy
June 11 th	Southbank footbridge	<i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the city. There will be the option of riding back from Bakery at Westmeadows and avoiding the gravel. Coffee and lunch will be at the bakery. Jacana is a bailout also. ~ 60km or 45km.	Hard with some hills.
June 18 th	Southbank	Short ride	Easy

	footbridge		
June 25 th	Flinders St. station for 9.32 Craigieburn train or Southbank at 10am	<i>Craigieburn to the city.</i> We will take the train to Craigieburn and return via Galada Tamboure (Hume freeway trail) and Merri creek trail to city or vice versa depending on the wind direction! ~ 45km.	Med

* Is when Janet is away

Whitehorse Cyclists Inc

Whitehorse Cyclists Calendar 2014

Day Date Start Time	Name	Description (M) Morning Tea, (L) Lunch, (B) Bail-out Point, (F) Finish, RS Railway Station, SC Shopping Centre, CP Car Park	km Grade	Leader Phone No
		FEBRUARY 2014		
Sun 2/2 9.00am Note early start	Waverley Antiques and Tirhatuan Golf Loop	Waverley Antiques, Jells Park, Tirhatuan Golf Club, Police Paddock, Churchill Park, Stud Park, Jells Park, Glen Waverley Railway Station. Bike paths, roads, some gravel.	40 M	Graeme S 0425 750 773
Tue 4/2 9.30am	Easy Tuesday Up to Montrose	Tarralla Ck Tr, Dorset Golf Course, Mt Dandenong Rd, (M) Montrose, Sheffield Rd, Liverpool Rd, Dandenong Ck Tr. Some hills.	30 E/M	Pam F 9725 4148 0409 188 644
Tue 4/2 9:00 am	Medium Tuesday Docklands Loop	Burke Rd Bridge, The Boulevard, Darebin Creek Trail, Fairfield Westgarth Street, Capital City Trail, Docklands (M), Southbank, Capital City trail, Gardiners Creek Trail, Ferndale Trail, Anniversary trail, Bedford Road to Hays Paddock	47 M	Dick van G 9844 3344 0416 212 423
Tue 4/2 9.30am	MAD Tuesday Beaumaris	Gawler Chain, Union Rd, Rail route, Tooronga Rd, Normandy Rd, Queens Rd, Rail route, Nepean Hwy, Worthing Rd, Reserve Rd, Beach Rd, Albert Pk Tr, Yarra Tr, Power St, High St, Koonung Tr, Valda Av.	73 E	Mike H 0407 094 929
Tue 4/02 8.30am	Hard Tuesday Plenty River & Moonee Ponds Ck Trails	Koonung Tr, Plenty River Tr, Ring Road Tr, Moonee Ponds Ck Tr, Koonung Tr	90 M	Michael R 0411 707 114
Thurs 6/2 9:30 am	Easy Thursday Scintilla's	Mullum Mullum Cr. Tr, Old Warrandyte Rd., Tunstall Sq., Koonung Tr., Main Yarra Tr., Burgundy St (M), Westerfold Park, Petty's Orchard.	40 E	Gill B 0451 054 927 9725 5310
Thur 6/2 9.30am	MAD Thursday University Hill	Kew, Yarra trail, Fairfield, Clifton Hill (M), Merri creek trail, Metro Ring rd, University Hill (L), Greensborough, Banyule	60 M	Russell H 9841 7141 0400 178 194

Thurs 6/2 9.40am	Hard Thursday Hanging Rock	9:15 am VLine train arr. Woodend at 10.18 (M), Hanging Rock (\$4 Entry Fee), Lancefield (L), Kilmore East (B before 2.32pm train), Wandong, Epping (Note that coach services planned to finish 20th Jan. Txting leader as below recommended) SMS the Leader by 6.00pm the night before if coming*	56/102 H	Gordon L 0409 857 350
Sun 9/2 9.00am Note early start	Sunday Huff n Puff	Over the ridges of Mitcham, Park Orchard, (M) Warrandyte and Doncaster/Templestowe. Long Uphills with great Downhills. If the day is very hot, an alternative and shorter route is available (Easy ride).	45 M\H	Dick Van G 9844 3344 0416 212 423
Tue 11/2 9.00am NB earlier start	Easy Tuesday Scotchgard ride	Blackburn Wetlands, Wurundjeri Walk, Gardiners Ck Tr (M)Mt Waverley, Scotchmans Ck Tr, Gardiners Ck Tr, B'burn Lake.	35 E	Loreto B 9808 1960 0412 289 236
Tue 11/2 9.00 am	Medium Tuesday Basin Circuit via Jells Park	Dandy Creek Trail, The Basin, FTG, (M) Scoresby, Eastlink Trail, Jells Park, Dandy Creek Trail	43 M	Pamela F 9725 4148 0409 188 644
Tue 11/2 9:30am	MAD Tuesday Olinda	Springfield Rd, Nunawading, Heatherdale Rd, Dandenong Ck Tr, The Basin, Olinda, Basin/Olinda Rd, Sheffield Rd, Pavitt La, Dandy Ck Tr, Croydon Tr, Kent Rd, Mullum Mullum Tr, Eastlink/Koonung Tr.	75 M	John P 0488 999 084
Tue 11/2 8.30am	Hard Tuesday Ferntree Gully and Docklands	Heathmont Rd, Boronia Rail Tr, Blind Ck Tr, (MT)Jells Pk, Scotchmans Ck Tr, Gardiners Ck Tr, (L)Southbank, Capital City Tr,	95 M	Peter G 0400 668 429
Tue 11/2 7.30pm for 7.45pm	Monthly club meeting			
Thurs 13/2 9:30 am	Easy Thursday Manningham Loop	Koonung Tr., Tunstall Sq., Mullum Mullum Cr. Tr., Beasley's Nursery, Westerfold Park, Yarra Tr., Melissa's Café (M), Yarra Tr., Koonung Tr. to Valda Ave.	40 E	Dick van G 9844 3344 0416 212 423
Thurs 13/2 9.30am	MAD Thursday Maribyrnong Meander	Gardiners Creek trail, (M) Southbank, Footscray Rd, Maribyrnong River trail, (L) Essendon (opposite Anglers Tavern), return via same route.	55 M	Nathan F 9889 6744 0416 108 879
Sun 16/2 9.30am	Sunday Melbourne Eye	Fairfield, Yarra Trail, Southbank, Docklands (M), Moonee Ponds Creek, Carlton, Fairfield, back to Hays Paddock	40 E\M	Wayne McD 0419 525 807
Tue 18/2 9.30am	Easy Tuesday The Eastlink Breeze	Eastlink. Side streets to Scoresby Village S/C. Waterford Valley. Wellington Village S/C. (M). Wellington Road. Corhanwarrabul Wetlands. Jells Park. Dandenong Valley Parklands. Eastlink Return. (about 1 k unsealed).	36 E	Lawrie J 9808 5718 0428 506 513
Tue 18/2 9:00 am	Medium Tuesday Coburg Lake	Koonung Trail, Hays Paddock (9:30am alternative start point), Fairfield, Merri Creek trail, Coburg Lake, Coburg Mall (M), Upfield & Capital City trails	49 M (35 if start/fin ish Hays)	Bruce E 9848 4804 0409 790 926

Tue 18/2 9:30am	MAD Tuesday Melton	Koonung Tr, Capital City Tr, Racecourse Rd, Ballarat Rd, St Albans Rd, McIntyre Rd/Sunshine Av, Taylors Rd, Plumpton Rd, Beattys Rd, Mt Cottrell Rd, Centenary Av, Onellis/Station Rd, Melton RS.	65 M	Pat Q 0409 187 903
Tue 18/2 8.40am	Hard Tuesday Panton Gap	Victoria Rd, Yarra Glen, Old Healesville Rd, (MT) Healesville, Don Rd, (L) Launching Place, Warby Tr	85 H	Eileen Q 0433 609 032
Thurs 20/2 9:30 am	Easy Thursday City Loop	Main Yarra trail, Capital City trail, Footscray Rd, Docklands (M with Grace), Southbank, Hawthorn, Anniversary Trail. This ride may be shortened if hot, and will not be lead if forecast temperature is over 35.	37 E	Mike T 9859 3647 0407 045 217
Thurs 20/2 9.30am	MAD Thursday Pt Cook Homestead	Kensington, (M) Yarraville, Altona, (L) Point Cook Homestead, Laverton (B), Brooklyn (B), Footscray (B) - St Valentine's Day	78 M/H	Jacques F 9497 2306 0421 732 274
Thurs 20/2 8.30am	Hard Thursday Research Kangaroo Ground and beyond	Eltham Lower, Mt Pleasant Rd, Research - Warrandyte Rd, Warrandyte (M), Kangaroo Ground, St Andrews SMS the Leader by 6.00pm the night before if coming*	90 H	Michael R 0411 707 114
Sun 23/2 9.30am	Sunday Glen Iris Mystery Ride	Jamie plans to take us on a mystery tour.	40 E/M	Jamie McL 9822 2724 0417 037 855
Tue 25/2 9.30am	Easy Tuesday Creek & Rail	Dandenong Ck Tr., Eastlink, Scoresby, (M)Upper Ferntree Gully, Boronia, Bayswater.	32 E	Bernie F 9878 6640 0411 032 284
Tue 25/2 9.00 am	Medium Tuesday Eastern Trails	Croydon Golf Course, The Basin, Boronia (M), Bayswater, Dandy Creek Trail, Eastlink, Ringwood	40 M	Neil M 9724 9537 0419 514 630
Tue 25/2 9:30am	MAD Tuesday Pipeworks	Koonung Tr, Capital City Tr, Upfield Tr, Ring Rd Tr, Pipeworks, Ring Rd Tr, Plenty River Tr, Yarra Tr, Bulleen Rd, Valda Av.	70 M	Tony R 0418 509 481
Tue 25/02 8.30am	Hard Tuesday Maribyrnong River & Merri Ck	Koonung Tr, Merri Ck Tr, (MT)Western Ring Rd Tr, Brimbank Pk, Maribyrnong Tr (gravel), (L)Kensington, Capital City Tr	90 M/H	Mike H 0407 094 929
Thurs 27/2 9:30 am	Easy Thursday Bayside Ride	Southbank, Port Melbourne, St. Kilda (M), Brighton, Sandringham (F). (trains home) Bring bathers in case it is hot for those who fancy a swim at end of ride and/or lunch.	28 E	Janet W 0408 527 220
Thurs 27/2 9.30am	MAD Thursday Ferntree Gully	Koonung to Ringwood, Mullum to (M) Croydon, ck tr, rail tr to FTGully, Scoresby, Jells pk, Dandy ck tr	60 M	John C 0438 566 977
Fri 28/2 12 noon	Friday Club Lunch	Club lunch on the last Friday of each month. No bookings, just turn up Partners and guests welcome		Jamie McL 0417 037 855

* Hard Thursday rides. These rides will only occur if enough riders text the ride leader the night before the ride to indicate their intention to ride. If the ride is cancelled because not enough riders do so or because of bad weather, the leader will notify those who have texted.

Banyule Bicycle User Group—Rides Program

Rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. For more details contact Leigh 9432 9720 or Les 9435 0615. Note: rides may be varied to suit conditions.

EasyPaced Ride: Sundays 9:00am, half day with short break, byo food/drink. Contact Maurie 9439 1619.

NightRide: Wednesdays 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group Tuesdays and Fridays 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: Tuesdays and Sundays 9:00am. BYO morning tea.

Manningham BUG

Manningham Bicycle Users Group is a group of cyclists who organise rides, campaign for improved facilities for cyclists and generally promote cycling in the area.

We welcome people of all ages and fitness levels, single people, parents, children, and grandparents. We just enjoy the pleasure of cycling, taking in the surrounding views and cafes.

The BUG is not a competitive club, it is a means for cyclists to get together to share their interest. We have social rides most weekends, around Melbourne, some long, some short. Occasionally we have a weekend away for a country ride.

We have a meeting on the 3rd Monday of each month at 8pm at the Pancake Parlour, 550 Doncaster Rd.

Darebin BUG

Weekday Rides

Darebin BUG runs two weekday rides of up to 60km on Tuesdays and Thursdays. These are designed for riders who are reasonably fit and have some riding experience. Information about the destination and distance of upcoming weekday rides can be seen on the Darebin BUG Rides Calendar. These rides usually leave from Jika Jika Community Centre, corner of Plant and Union streets, Northcote, at 9.30am.

Contact Norm on 9484 4767 to confirm the start time and location, or if you are uncertain if the ride is suitable for you.

Weekend Rides for Beginners

Families on Bikes (FOB)

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome! Want to ride for fun, exercise and to socialise? Join us on one of our easy rides designed especially for little kids, to one of Melbourne's many child-friendly destinations. Our motto is: No one's too slow; we're always happy to stop for a rest, play, snack, breastfeed or 'til a tantrum is over. Rides take place regularly and generally meet at a Northcote location, though you're always welcome to join us en route. Contact Kathy on 9489 4275, 0410 667 634 or kbrunning@optusnet.com.au.

Saturday Port Melbourne Rides

Weekly rides for those looking for longer, easy rides. Depart from the carpark of Rushall Station, North Fitzroy, at 9.30am and ride to Port Melbourne and back along bike paths, about 20km.

Contact David on 9870 1084

Weekend Rides for Experienced Riders

Saturday Training Rides

Various rides leaving the Jika Jika Community Centre, corner Plant and Union streets, Northcote, near Westgarth train station, at 9am sharp for four hours maximum (back in time for lunch) for experienced riders. There are different destinations each month, with rides going up to 60km and averaging 20-25kmh.

Contact Yannick on 0438 785 450 or yannickvergou@hotmail.com

Sunday Excursions

DBUG runs monthly rides to various destinations, often with a food or wine element. We might be heading to the beach, the RAAF Museum, the Donnellybrook Cheese Factory, or just exploring Melbourne's bike path network, with distances of up to 60km. Contact the rides coordinator at rides@darebinbug.org.au.

Extended trips

The group runs regular weekends away, usually centred around long weekends such as Easter. Contact rides coordinator Wolter Kuiper on 0404228382 or rides@darebinbug.org.au for details on these rides.

The Rides Committee is looking for people who are interested in arranging and leading a ride, undertaking ride leader training or in gaining leadership experience by co-leading a ride. Contact the rides coordinator at rides@darebinbug.org.au

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this does not cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Last Updated on Thursday, 03 March 2011 04:18

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

MooneeBUG

Every Tuesday Night: Join the Tuesday night regulars for the "Cappuccino run" from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

Friday Bike Rides: The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501.

Melbourne Bicycle Touring Club

Rides Calendar at <http://www.mbtc.org.au/club/ride-calendar>

For information on rides, please contact the Touring Secretary, John Hughes 0402 463 655, or at rides@mbtc.org.au.

About the Ride Gradients Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive

experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

Meetup Groups

Meetup has a Melbourne branch at <https://www.google.com.au/webhp?sourceid=navclient&ie=UTF-8#q=meetup+melbourne>. A quick scan of this reveals numerous riding groups based in different parts of Melbourne and conducting rides of various types and standards. If you're looking for a group to ride with it's definitely worth checking out.